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Sweet and Sour Boneless Fish

Sweet and Sour Boneless Fish

Ingredients:

1	*Whole fish (about 14" long)*	*½ T.*	*Soysauce (seasoning sauce)*
4	*Dried mushroom (black)*	*1 T.*	*Wine or cooking shrry*
½ C.	*Onion (diced)*	*4 T.*	*Sugar* ”
½ C.	*Tomato (diced)*	*4 T.*	*Vinegar* ”
2 T.	*Green peas (or fresh soybeans)*	*4 T.*	*Catsup* ”
2	*Eggs (flour batter)*	*6 T.*	*Water* ”
5 T.	*Flour* ”	*3 t.*	*Cornstarch* ”
3 T.	*Cornstarch* ”	*1 t.*	*Salt* ”
5 T.	*Water* ”	*1 t.*	*Sesame oil* ”
½ t.	*Salt (to marinate fish)*	*6 C.*	*Oil (for deep fry)*
1 T.	*Wine* ”		

Procedure:

1. Cut the head off the cleaned fish. Split the fish length wise but do not cut through the back. Open two halves to form the shape of a butterfly. Remove bones. On inside of the fish cut three ¼" deep slashes lengthwise on each side and slash the same way crosswise ½" apart. Marinate the fish with salt and wine for 10 minutes.
2. Soften the mushrooms with warm water. Cut into cubes.
3. Make batter with egg, flour, cornstarch and water.
4. Mix the seasoning sauce in a bowl.
5. Heat the oil. Dip the fish head in the batter. Fry until golden brown. Dip the two pieces of fish and fry for 2 minutes. Take out, reheat the oil and refry the fish until crispy. Remove and arrange the fried pieces on a large platter with the head.
6. Heat 3 T. oil, saute onion, mushroom, tomato cubes and green peas. Stir in seasoning sauce mixture until thickened and pour it over the fish and serve.

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Smoked Fish

Smoked Fish

Ingredients:

1	Whole fish (pomfret)	*1 T.*	*Wine or cooking sherry*
3 Pcs.	*Green onions (4" long)*	*½ C.*	*Rice*
3	*Slices ginger*	*½ C.*	*Sugar*
1 t.	*Salt*	*½ C.*	*Black tea leaves*
		2 Pcs.	*Lettuce leaves*

Procedure:

1. Clean the fish and cut it into 4 slices. Crush the green onion and ginger. Put them in a bowl with salt and wine. Marinate the fish slices with this mixture for 30 minutes.
2. Arrange the fish on platter. Place in a boiling steamer and steam about 8 minutes over high heat until done. (If you put three bamboo chopsticks under the fish, it will get done faster).
3. Place the rice, sugar, and black tea in pan. Add a rack over this and place the fish slices on the rack. Cover and smoke about 10 minutes over low heat. Turn the fish and smoke for 5 minutes, until the fish gets brown.
4. Decorate the plate with lettuce leaves. Put the fish attractively on the lettuce and brush with some oil, also put some mayonnaise on the platter.

* You may use an oven to smoke fish. (Place ingredients on baking sheet and put rack over it.)

Carp with Hot Bean Sauce

Carp with Hot Bean Sauce

Ingredients:

1	*Live carp (about 1 lb.)*	*2 t.*	*Salt*
½ C.	*Oil*	*1 t.*	*Sugar*
2 T.	*Green onion chopped*	*½ T.*	*Brown vinegar*
1 T.	*Ginger chopped*	*½ T.*	*Cornstarch (make paste)*
1 T.	*Garlic chopped*	*½ T.*	*Cold water (make paste)*
2 T.	*Hot bean paste*	*1 t.*	*Sesame oil*
2 T.	*Soysauce*	*1 C.*	*Cold water*
1 T.	*Wine*		

Procedure:

1. Kill fish by striking a blow on the head (do not remove head or tail). Scale and clean. Cut 3 or 4 diagonal slashes ¼" deep on each side.
2. Heat fry pan very hot, add oil. When oil is hot, add the fish and fry both sides (each side a half minute.) Remove.
3. Add the chopped ginger, garlic, hot bean paste into the frying pan and stir thoroughly, then add wine, soysauce, salt, sugar and cold water. Place fish back into sauce and cook 3 minutes.
4. When the sauce is reduced by half, add cornstarch paste. Stir until sauce has thickened. Sprinkle vinegar, sesame oil and chopped green onion on top, transfer to plate and serve.

West Lake Fish

West Lake Fish

Ingredients:

1	*Live fish (carp or any fresh water fish (about 10" long)*	*2 t.*	*Salt*
½ C.	*Shredded young ginger*	*4 T.*	*Vinegar*
2 Pcs.	*Green onions (4" long)*	*2 t.*	*Brown food color (optional)*
2 T.	*Soysauce*	*3 T.*	*Cornstarch*
3 T.	*Sugar*	*1 T.*	*Sesame oil*
1 T.	*Wine or cooking sherry*	*4 T.*	*Lard (or oil)*
		2 C.	*Soup stock*

Procedure:

1. After killing and cleaning the fish, split it lengthwise from gills down without cutting through the back. Chop the large bones into sections.
2. Put the fish in boiling water with some green onion and ginger, cook about 2 minutes over medium heat until the fish is done (when the eyes pop out). Remove the fish from pan and place onto a platter.
3. Sprinkle the shredded young ginger on the fish, along with some black peppers.
4. Splash wine in the 3 T. heated oil, add soup stock immediately. Add soysauce, sugar, vinegar, salt and food color. When the soup is boiling add cornstarch paste (mix cornstarch with 5 T. cold water before use) cook until thickened. Sprinkle 1 T. Sesame oil and 1 T. lard (or hot cooking oil) into the sauce, pour the sauce over the fish. Serve immediately.

Fried Whole Fish with Sweet Sour Sauce

Fried Whole Fish with Sweet Sour Sauce

Ingredients:

1	*Whole fish, (about 12” long, 1½ lbs.)*
1	*Green onion (To marinate fish)*
3 slices	*Ginger* ”
½ t.	*Salt* ”
1 T.	*Wine or cooking sherry*
1/3 C.	*Shredded green onion*
1/3 C.	*Shredded ginger*
¼ C.	*Shredded dry black mushrooms (soaked)*

1/6 C.	*Shredded red hot pepper*
½ C.	*Cornstarch*
5 T.	*Sugar (Seasoning sauce)*
5 T.	*Brown vinegar* ”
8 T.	*Cold water* ”
3 T.	*Catsup* ”
½ T.	*Cornstarch* ”
1 t.	*Salt* ”
1 t.	*Sesame oil* ”
8 C.	*Oil (for deep fry)*

Procedure:

1. Clean the fish and make several diagonal cuts almost touching the bone on both sides of it. Trim off ½ the tail fin. Marinate the fish for 15 to 30 minutes.
2. Mix the seasoning sauce ingredients in a bowl.
3. Use ½ C. cornstarch to coat the whole fish, place it in the hot oil. Fry about 5 minutes, until it looks golden on both sides and crispy. Drain off oil. Place fish in swimming position on an oblong platter.
4. Heat another 3 T. oil to fry mushrooms, ginger, green onion and red pepper over high heat, then add the seasoning sauce. Stir the sauce until it thickens then pour it on the fried fish.

Steamed Fresh Fish

Steamed Fresh Fish

Ingredients:

1	*Live fish (about 1 lb.)*	*3*	*Green onions (5" long)*
1/3 t.	*Salt*	*½ C.*	*Chinese parsley*
2 t.	*Wine or cooking shrry*	*½ C.*	*Green onion (shredded)*
2 T.	*Soysauce*	*¼ t.*	*Black pepper*
3 T.	*Young ginger (chredded)*	*2 T.*	*Oil*

Procedure:

1. Scale and clean the fish. Rub salt on both sides and soak in soysauce and wine for about 10 minutes.
2. Put 3 pieces green onion on platter, then lay the fish on it. Place platter in a boiling steamer and steam for about 10 minutes over high heat until done.
3. Sprinkle Chinese parsley and green onion over fish, then continue to steam for 10 more seconds. Remove and sprinkle black pepper over fish.
4. Heat oil till smoking hot in pan, then pour the heated oil over the fish. With a table spoon, splash the juice from under the fish many times over the fish to make the fish taste better. Serve immediately, should be eaten hot.

Deep Fried Fish Sticks

Deep Fried Fish Sticks

Ingredients:

1 lb.	*Fresh firm white fish fillets*	*1/8 t.*	*Pepper (flour batter)*
½ T.	*Wine (to marinate fish)*	*2 T.*	*Cooking oil "*
1/3 t.	*Salt "*	*½ C.*	*Cold water "*
2	*Eggs (flour batter)*	*2 t.*	*Flavored peppercorn salt*
2/3 C.	*Flour "*	*5 C.*	*Oil (for deep fry)*
2 t.	*Salt "*		
2 t.	*Baking powder "*		

Procedure:

1. Cut the fish into finger size pieces and marinate with wine and salt for about 15 minutes.
2. Make flour batter stirring to a smooth pasty consistency.
3. Dip fish in flour batter and deep fry over medium heat until golden brown.
4. Lay lettuce on plate. Arrange the fish on top and serve with flavored peppercorn salt.

Spicy Fish Slices

Spicy Fish Slices

Ingredients:

1¼ lbs.	*Fish meat* *(any white fish meat)*
3	*Green onions*
5 slices	*Ginger*
5 T.	*Soysauce*
1 T.	*Wine or cooking sherry*
½ t.	*Salt*
4 T.	*Sugar*
1½ C.	*Boiling water*
½ t.	*Five spice powder*
5 C.	*Oil (for deep fry)*

Procedure:

1. Slice the fish meat in 1½" wide and 2½" long ½" thick slices (about 16 slices).
2. Crush green onion and ginger. Put in bowl with soysauce, wine and salt. Marinate the fish slices with this mixture for about 3-4 hours.
3. Mix sugar and five spice powder in a bowl add boiling water to mix well.
4. Heat oil very hot in frying pan, fry the fish until very dark (about 3 minutes). Remove the fish from pan and put in sugar mixture immediately, soak about 3-4 minutes.
5. Remove the fish from sugar mixture and lay on platter. Let it cool before serving.

Steamed Sea Bass with Bean Sauce

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Steamed Sea Bass with Bean Sauce

Ingredients:

¾ lb.	*Cod*	*2 oz.*	*Ground pork*
5	*Green onions (6" long)*	*3 T.*	*Fermented beans*
1 T.	*Wine or cooking shrry*	*1 t.*	*Red hot pepper powder*
2 T.	*Oil*	*1 T.*	*Soysauce*
1 t.	*Ginger (chopped)*	*1 T.*	*Green onion*

Procedure:

1. Remove major bones from the fish and place on a plate. Put 5 pieces of green onion under the fish and splash with wine, place in a boiling steamer and steam about 10 minutes.
2. After soaking for 5 minutes in water chop the fermented beans into small pieces.
3. Heat 3 T. oil in a pan, stir fry ginger, pork, and fermented beans until dry, then add red hot pepper, soysauce and green onions (cut into small pieces).
4. Splash 1 more table spoon hot oil in pan, pour all over steamed fish. Serve immediately.

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Dry Deep Fried Sea Fish

Dry Deep Fried Sea Fish

Ingredients:

1	*Cutlass fish*	*3 T.*	*Soysauce*
1 t.	*Salt*	*6 C.*	*Oil*
1 t.	*Wine or cooking sherry*	*1 t.*	*Brown pepper corn salt*

Procedure:

1. After scaling and cleaning the cutlass fish, remove head and tail, then cut into 1½” long pieces.
2. Scord the cutlass fish on both sides making crosswise cuts about ¼” apart. (The deeper the cuts, the better). Place in a bowl and soak with salt, soysauce and wine for about 1 hour.
3. Heat the frying pan until very hot, then add oil. When the oil is very hot, put in all the cutlass fish and fry over high heat until the cutlass fish turns golden brown and is crispy. Remove the plate and serve with pepper corn salt.

Braised Eel with Brown Sauce

Braised Eel with Brown Sauce

Ingredients:

1¼ lbs.	*Eel (about 2 pieces)*	*1½ C.*	*Hot water*
4 T.	*Oil*	*1 T.*	*Sugar*
2	*Bamboo shoots*	*1 t.*	*Dark brown food coloring (optional)*
5	*Black mushrooms (soaked)*	*1 T.*	*Cornstarch*
1 T.	*Chopped green onion*	*½ T.*	*Vinegar*
1 T.	*Chopped ginger*	*½ T.*	*Sesame oil*
1 T.	*Diced pork fat (optional)*	*2 T.*	*Shredded green garlic or green onion*
1 T.	*Wine or cooking sherry*		
3 T.	*Soysauce*		

Procedure:

1. Place cleaned eel into almost boiling water and submerge for only 3 seconds. Lift eel out and brush off excess viscous film. Cut into 1½" long sections. Slice the bamboo shoots.
2. Heat 4 T. of oil in a pan and saute pork fat. Stir in the green onion, ginger and finally the mushrooms and bamboo shoots. Add the seasoning (except vinegar and sesame oil) and water. Arrange the pieces of eel in the pan and cook for about 20 minutes over low heat.
3. Mix the cornstarch with some water and sprinkle in the pan to thicken the soup, then add vinegar and sesame oil. Sprinkle shredded green garlic on top. Gently push contents into a large platter and serve hot.

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Sliced Fish with Curry Sauce

Sliced Fish with Curry Sauce

Ingredients:

1 lb.	*Fish, firm white meat*	*1½ T.*	*Curry*
1	*Egg white (to marinate fish)*	*1 T.*	*Sugar (seasoning sauce)*
1 T.	*Cornstarch ”*	*½ T.*	*Wine ”*
¼ t.	*Salt ”*	*1 t.*	*Sesame oil ”*
¼ t.	*Black pepper ”*	*1 T.*	*Tomato catsup ”*
½ T.	*Diced onion*	*5 T.*	*Soup stock ”*
2 T.	*Green peas*	*1 t.*	*Cornstarch*
¼ C.	*Diced black mushroom (soaked)*	*6 C.*	*Oil (for deep fry)*
½ C.	*Cornstarch*		

Procedure:

1. Clean the fish. Remove the bones and the skin. Cut the fish into 1” wide, 1½” long and ¼” thick pieces. Marinate with egg white, cornstarch, salt and black pepper for about half an hour.
2. Coat each piece of sliced fish in cornstarch and quickly drop into the very hot oil to deep fry about 1 minute until it becomes golden and crispy. Remove it and drain off the oil.
3. Heat 3 T. of oil in frying pan to stir fry the diced onions and curry. Then add the already prepared seasoning sauce. Stir briskly until thickened. Add green peas. Turn off the heat and add the fried fish. Stir until blended. Serve immediately.

Paper-Wrapped Fried Fish

Paper-Wrapped Fried Fish

Ingredients:

1¼ lb.	*Pomfret (or any white meat fish)*	*6 C.*	*Oil (for deep fry)*
2 T.	*Shredded ham*	*½ t.*	*Ginger juice (to marinate fish)*
2 T.	*Shredded black mushroom*	*1 t.*	*Salt "*
14 Pcs.	*Parsley leaves*	*1 T.*	*Wine "*
14	*Cellophane paper (5"x5")*	*2 T.*	*Sesame oil*

Procedure:

1. After removing the skin and bones, cut the fish diagonally into 14 slices-2½" long, 1½" wide and 1/6" thick. Place in a large bowl and add marinade. Soak for 10 minutes, turning carefully several times.
2. Slice ham into 1" squares then cut *into 16 shreds.*
3. Brush paper with sesame oil (or cooking oil). With one corner facing you, place 1 pc. parsley face down in center and one shred of ham to the left of it and one shred of mushroom to the right of it. Lay a fish slice on top. Fold up the corner of the paper nearest you. Make a tight package by folding over, keeping the shape like that of a fish, close the package.
4. Heat oil to 260°F and add packages. Fry about 2 minutes, until the fish slices turn white. Remove from oil and gently press excess oil from the package. Place attractively on a platter and garnish with colorful fresh vegetables.

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Stir Fried Fish Slices

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Stir Fried Fish Slices

Ingredients:

1 lb.	*Fish filet (firm and white meat)*
1	*Egg white*
1 T.	*Cornstarch*
¼ t.	*Salt*
½ T.	*Wine or cooking sherry*
3 C.	*Oil (for drop fry)*
15 Pcs.	*Green onion (2" long)*
15 slices	*Bamboo shoot*
10 slices	*Carrot (cooked)*

5	*Mushrooms*	
5 ears	*Baby corn*	
1 Pc.	*Dried sole fish*	
1 T.	*Wine (seasoning sauce)*	
½ t.	*Salt*	"
½ T.	*Soysauce*	"
1 t.	*Sesame oil*	"
1/6	*Pepper*	"
½ t.	*Cornstarch*	"

Procedure:

1. Cut the fish fillet into pieces 1" wide, 1½" long and ½" thick. Place in bowl and mix with egg white, cornstarch, salt and wine. Let stand for at least 10 minutes.
2. Cut mushrooms and baby corn into slices. Deep fry dried sole until brown and crispy. After cool, crush or chop into small pieces.
3. Heat oil in pan, fry all the fish slices over high heat for about 10 seconds. Remove fish and drain oil from pan.
4. Heat the pan again, add 3 T. oil, fry green onion and ginger, add bamboo shoots, mushrooms carrots and baby corn and stir fry quickly over high heat. Add seasoning sauce and stir until thoroughly mixed. Pour all onto plate then distribute the fried fish pieces on top.

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Fish Rolls in Sour Sauce

Fish Rolls in Sour Sauce

Ingredients:

1¼ lbs.	*Fillets of fish (firm white meat)*	
3 T.	*Black mushrooms (shredded)*	
3 T.	*Ham (shredded)*	
1 T.	*Shredded green onion*	
1 T.	*Shredded ginger*	
2 T.	*Diced red pepper (or shredded)*	
3 T.	*Diced onion*	
2 T.	*Green peas (optional)*	
½ T.	*Wine (to soak fish)*	
½ t.	*Salt*	”
6 C.	*Oil (for deep fry)*	

2	*Eggs*	*(flour batter)*
½ C.	*Flour*	”
1 t.	*Baking powder*	”
½ C.	*Cold water*	”
4 T.	*Vinegar (seasoning sauce)*	
3 T.	*Sugar*	”
3 T.	*Catsup*	”
4 T.	*Water*	”
1 t.	*Salt*	”
1 t.	*Cornstarch*	”
1 t.	*Sesame oil*	

Procedure:

1. Remove bones and skin, cut fish crosswise ¼” thick and 2” long, 1½” wide, then soak with wine and salt about 10 minutes.
2. On a flat slice of fish sprinkle a little bit of cornstarch. Lay a few pieces of shredded green onion, ginger, ham, mushroom on the fish and roll up.
3. Coat fish rolls with flour batter and deep fry it until golden brown, (about 2 minutes, take out once after 1½ minutes, then heat oil again, and fry half more minute), remove fish rolls and drain off oil from frying pan.
4. Put back into frying pan 2 T. of oil to stir fry the diced onions, red peppers and seasoning sauce, stir until starchy. Then add green peas and fried fish rolls, mix well. Sprinkle a few drops of heated oil on the top before serving.

Turreted Fried Fish

Turreted Fried Fish

Ingredients:

¾ lb.	*Fresh firm white fish fillets*	*1*	*Egg (make flour batter)*
	(sea bass or yellow pike)	*2 T.*	*Cornstarch ”*
6 slices	*White bread*	*4 T.*	*Flour ”*
½ t.	*Salt (to marinate fish)*	*2 T.*	*Cold water ”*
½ T.	*Wine ”*	*1 T.*	*Parsley leaf*
½ T.	*Cornstarch ”*	*1 T.*	*Ham (chopped)*
		1 t.	*Flavored pepper salt*
		1 T.	*Catsup*
		6 C.	*Oil (for deep fry)*

Procedure:

1. After removing the skin and bones, cut the fish diagonally into 12 slices 1½” wide, 2” long. Place in a large bowl and mix with the marinade. Soak for 10 minutes. Mix carefully several times.
2. Remove the hard crust from each slice of bread. Then cut into 1½” wide, 2” long pieces.
3. Make the flour batter with the beaten egg, flour, cornstarch, and cold water.
4. Place sliced bread on a board and rub some flour batter on the bread. Then place 1 slice of fish meat on top of the bread. Then rub some batter on the fish. Decorate the top of the fish with parsley leaf and some chopped ham.
5. Heat oil in a frying pan to about 300°F. Drop the fish sandwich into oil (decorated side down). Fry until golden brown over low heat (about 2 minutes). Remove and drain. Place on platter. Serve with flavored pepper salt and catsup.

Braised Fish Tail in Brown Sauce

Braised Fish Tail in Brown Sauce

Ingredients:

1	*Fresh water fish tail (about 6 inches long)*
4	*Soysauce (to marinate fish)*
¼ t.	*Black pepper*
2 t.	*Cornstarch*
6 T.	*Oil*
2	*Green onions (3" long)*
2	*Slices of ginger*
½ T.	*Wine or cooking shrry*
1 T.	*Sugar*
1 t.	*Food coloring (dark brown)*
1 C.	*Soup stock*
1 t.	*Sesame oil*
½ C.	*Green garlic (shredded) or scallion*

Procedure:

1. Scale and clean the fish tail and cut off part of tail fin, then cut it into 5 pieces about ½" wide lengthwise and marinate for 5 minutes with 4 T. of soysauce and ¼ t. of black pepper.
2. Mix 2 t. of cornstarch and 2 T. of water in a plate for use later.
3. Heat 5 T. of oil in frying pan. Fry the green onion and ginger for a few seconds (until dark), then remove and discard. Coat the pieces of fish tail with the above cornstarch paste. Place into the frying pan. Fry each side for 3 seconds. Sprinkle ½ T. of wine, the remaining portion of the soysauce (used to marinate the fish tail), sugar, food coloring and soup stock into the pan. Cover the pan. Cook for about 5 minutes over high heat until the fish is done.
4. Lift the pan up and shake it gently in a rocking fashion, and pour in the remaining portion of the cornstarch paste (that was used to coat the fish tail) to thicken the sauce. Then sprinkle with 1 T. of hot oil, shredded green garlic and 1 t. of sesame oil. Gently pour the fish onto a platter for immediate serving. (sprinkle some black pepper on it).

Fish Rolls with Corn Sauce

Fish Rolls with Corn Sauce

Ingredients:

¾ lb.	*Fish fillet*	*1*	*Egg (for flour batter)*
½ T.	*Wine (to marinate fish)*	*5 T.*	*Flour ”*
½ t.	*Salt ”*	*2 T.*	*Water ”*
½ T.	*Sesame oil ”*	*6 C.*	*Oil (for deep fry)*
1/8 t.	*Pepper ”*	*½ Can*	*Sweet corn (cream style)*
2 T.	*Ham (shredded)*	*½ t.*	*Salt*
2 T.	*Green onion (shredded)*	*2 oz.*	*Dried rice noodles*
1 T.	*Ginger (shredded)*		

Procedure:

1. Cut fish fillet into slices 1” wide, 1½” long and ¼” thick. Marinate with wine, salt, sesame oil and pepper for about 10 minutes.
2. Deep fry the rice noodles in very hot oil. When puffed and golden remove to plate immediately. Crush finely when cool.
3. Place fish slices on board, sprinkle with a little bit of cornstarch, lay a few shreds of ham, ginger and green onion on the fish slices and roll them up.
4. Coat the fish rolls with flour batter and deep fry until golden brown. Remove fish rolls and drain oil.
5. Heat another 3 T. oil to stir fry sweet corn, seasoning with salt. Add fish rolls and mix thoroughly. Serve.

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Fish Fillet on Steak Pan with Sweet Sour Sauce

Fish Fillet on Steak Pan with Sweet-Sour Sauce

Ingredients:

1 lb.	*Fish fillets*
1	*Egg*
1/8 t.	*Black pepper*
1 T.	*Wine*
½ t.	*Salt*
½ C.	*Cornstarch*
6 C.	*Oil (for deep fry)*
2/3 C.	*Onion (shredded)*
1/3 C.	*Carrot* "
1/3	*Green pepper (shredded)*
3 T.	*Tomato catsup*
3 T.	*Sugar (seasoning sauce)*
3 T.	*Vinegar* "
8 T.	*Water* "
½ t.	*Salt* "
1 t.	*Sesame oil* "
½ T.	*Wine* "
1 T.	*Cornstarch* "

Procedure:

1. After removing the skin and bones, cut the fish into pieces 2" wide 3" long and ½" thick. Marinate with beaten egg, pepper, wine and salt, let stand about 20 minutes.
2. Heat 3 T. oil to stir fry onions and tomato catsup, then add carrots, green pepper and seasoning sauce. After bringing to a boil, thicken with cornstarch paste. Add 2T. hot oil at last to keep the sauce hot.
3. Coat the fish with cornstarch, then deep-fry in heated oil (about 380°F). When the fish becomes light brown and crispy, remove it and drain off the oil, then place fish on the heated steak pan.
4. Remove the steak pan (with the fish) to the table, and quickly pour sauce over fish. Eat the fish immediately.

Stewed Fish with Green Bean Sheets

Stewed Fish with Green Bean Sheets

Ingredients:

1	*Whole sea bass (about 1 lb.) or grunt*	*1 T.*	*Wine or cooking sherry*
½ t.	*Salt*	*1 T.*	*Sugar*
4 T.	*Soysauce*	*2 C.*	*Boiling water*
6 T.	*Oil*	*10 Pcs.*	*Green bean sheet*
3 slices	*Ginger*	*1 t.*	*Cornstarch*
5 Pcs.	*Green onion (2" long)*	*1 Pc.*	*Fresh garic (optional)*
5 Pcs.	*Garlic*		

Procedure:

1. After cleaning, cut 3 or 4 diagonal slashes on each side of the fish. Rub with salt and allow salt to soak in for a few minutes; then marinate (both side) in soysauce and let stand about 20 minutes.
2. Heat frying pan until very hot and add oil. When oil is hot add the fish and fry each side for 3 minutes. Add ginger, green onions and whole buds of garlic and fry together until brown. Splash with wine and soysauce (used for marinating fish), sugar and boiling water. Cover and stew for 20 minutes over low heat until the sauce is reduced to 2/3 cup only.
3. Cut the green bean sheets into strips ½ inch wide. Put in pan, and cook with fish for about 1 minute until throughly heated. Thicken the sauce with cornstarch paste and add 1 more toblespoon of hot oil.
4. Pour all fish and sauce carefully onto platter and sprinkle with shredded fresh green garlic or Chinese parsley. Serve.

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Chrysanthemum Shaped Fish with Sweet Sour Sauce

Chrysanthemum Shaped Fish with Sweet Sour Sauce

Ingredients:

1 lb.	*Fresh fish fillets*	*8 C.*	*Oil (for deep fry)*
1	*Green onion (to marinate fish)*	*4 T.*	*Tomato catsup (seasoning sauce)*
2 slices	*Ginger* "	*4 T.*	*Sugar* "
½ t.	*Salt* "	*4 T.*	*Vinegar* "
2 t.	*Wine or cooking sherry* "	*6 T.*	*Cold water* "
½ t.	*Sesame oil* "	*½ t.*	*Salt* "
1/8 t.	*Black pepper* "	*1 T.*	*Cornstarch* "
½ C.	*Cornstarch*	*½ t.*	*Sesame oil* "

Procedure:

1. Remove all bones from the fish. Cut into large pieces 2/3" thick. Score the top side deeply lengthwise and crosswise (each 1/8" apart), then cut into 1½" square pieces. Put in bowl.
2. Add crushed green onion, ginger, salt, wine, sesame oil and black peppers; soak for about 10 minutes. Coat the fish with cornstarch and deep fry in very hot oil until golden brown and crispy. Remove and arrange on platter, garnish with some green vegetable leaves.
3. Heat another 3 T. oil. Stir fry tomato catsup, until the color is very red, then add seasoning sauce and bring to a boil. Add 2 T. oil, mix thoroughly and pour this sauce over the fish. Serve.

Deep Fried Crispy Fish

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Deep Fried Crispy Fish

Ingredients:

1	*Whole fish (red fish or carp, pomfret about 1 lb.)*
1 t.	*Salt*
2 T.	*Soysauce*
6 C.	*Oil (for deep fry)*
3 T.	*Green onion (chopped)*
1 T.	*Garlic (chopped)*
1 T.	*Red hot pepper (chopped)*
4 T.	*Soysauce*
1 T.	*Wine or cooking sherry*
½ T.	*Sugar*
¼ t.	*Black pepper*

Procedure:

1. After cleaning, cut many slashes on both sides of the fish, (1/3” between cuts and deep enough to almost touch the bone). Lay on plate, sprinkle with salt and soysauce, and let stand for 10 minutes.
2. Deep fry the fish in heated oil for about 2 minutes until golden brown and crispy. Remove and lay the fish on plate.
3. Heat 2 T. of oil. stir fry garlic and red hot pepper. Add soysauce, wine and sugar and bring to a boil. Pour over the fried fish immediately and serve.

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Bar-B-Q Eel with Brown Sauce

Bar-B-Q Eel with Brown Sauce

Ingredients:

1	*Eel (about 1 lb.)*	*3 T.*	*Sugar*
½ C.	*Soysauce*	*2*	*Green onions*
3 T.	*Wine or cooking sherry*	*½ C.*	*Cantonese pickles*

Procedure:

1. Mix soysauce wine, sugar and green onion in a sauce pan. Cook for about 10 minutes over low heat.
2. After cleaning, split the eel lengthwise from the gills down without cutting through the back. Remove the head and big bones, then cut into 4" long pieces.
3. Pierce the eel with skewer (each skewer use 2-3 pieces), then place on a baking sheet and place sheet in the oven or over a bed of heated charcoal. Roast the eel until the skin becomes a little brown and wrinkled. Place in a steamer and steam for about 20 minutes.
4. After the eel cools, rub the sauce (#1) on eel (both sides), then roast again until dry. Repeat this procedure three times. Place eel on platter, garnish with some cantonese pickles and some parsley. Serve.

Steamed Fish Hu-Nan Style

Steamed Fish Hu-Nan Style

Ingredients:

1	*Live fish (carp or any fresh water fish)*	*1 T.*	*Shredded ham*
½ t.	*Salt*	*1 t.*	*Salt*
2 T.	*Fermented dried black beans*	*1 T.*	*Wine or cooking sherry*
1 T.	*Chopped ginger*	*1 T.*	*Soysauce*
1 T.	*Chopped red hot pepper*	*1 T.*	*Chopped green onion*
		2 T.	*Oil*

Procedure:

1. Kill fish by striking a blow to the head. Scale and clean the fish. Split it lengthwise from gills down without cutting through the back. Chop the large bones into sections and rub in ½ t. of salt and let soak in for a few minutes.
2. Clean the fermented dried beans. Remove the seeds of the pepper and then chop it. Mix the beans and red pepper with ½ t. salt, the soysauce, the wine, ham, and ginger in a small bowl.
3. Put the fish on a platter (the fish's back on top). Sprinkle the No. 2 mixture on the fish.
4. Place the platter of fish in a boiling steamer to steam over high heat about 10 minutes until the fish's eyes become white and popped out.
5. Remove the fish platter from the steamer. Sprinkle chopped green onion and 2 T. of heated oil on the fish. Serve hot. The taste is very fragrant and tender.